

YOUR HEALTH & WELL BEING



CIGNA HealthCare
A Business of Caring.



High Cholesterol

Know Your Numbers - Know Your Risk

How does your cholesterol measure up? Knowing your cholesterol numbers – and your risk for high cholesterol – are crucial for better understanding your chances of having a heart attack.

KNOW YOUR NUMBERS

A fasting lipoprotein profile measures total cholesterol, low-density lipoprotein (LDL) cholesterol (the “bad” cholesterol), high-density lipoprotein (HDL) cholesterol (the “good” cholesterol) and triglyceride levels. Everyone ages 20 and older should have this blood test at least once every five years.

KNOW YOUR RISK

How likely are you to develop heart disease or have a heart attack? People with coronary heart disease or diabetes are at the greatest risk for a heart attack. Others can look at their LDL cholesterol level and other risk factors for coronary heart disease to evaluate their risk. Cholesterol-lowering treatment primarily aims to lower the level of LDL, the main source of artery blockage.

The higher your coronary heart disease risk, the more important it is to decrease your LDL cholesterol level. Other factors that affect your risk include cigarette smoking, high blood pressure, low HDL cholesterol, family history and old age.

For a better understanding of how these risk factors and your lipoprotein profile may impact your LDL treatment goal, please consult your doctor.



REACH YOUR GOAL

Many people can reach their LDL goal through therapeutic lifestyle changes to their diet, physical activity and weight. Some, however, also will need medication.

In addition, people with metabolic syndrome - a cluster of risk factors such as obesity, high triglyceride levels and a low HDL level - may need additional treatment after reaching their LDL treatment goal.

For more information, visit myCIGNA.com or call the CIGNA 24-Hour Health Information LineSM at 1.800.CIGNA24.

Did You Know?

The National Cholesterol Education Program now defines high cholesterol as:

- LDL level higher than 100 mg/dl (bad cholesterol)
- HDL level lower than 40 mg/dl (good cholesterol)
- Triglycerides level higher than 150 mg/dl (a type of fat in the blood)

Source: National Cholesterol Education Program

National Heart, Lung and Blood Institute

Help Yourself to A Healthier Life

You're ready to make a commitment to better health. But first, you need to better understand your personal health situation. Are there specific factors that contribute to your health status? Are they hereditary? Are they controllable? Is there a healthy living plan out there that meets your unique needs?

If you're asking these questions, then you're ready to take WebMD's HealthQuotient™ Health Risk Assessment – a personal health management tool available to you

on myCIGNA.com. And through the assessment, you'll learn what you need to get better control of your health and well-being.

Using a brief online questionnaire, HealthQuotient can help you:

- Identify and monitor your personal health status;
- Obtain a personalized analysis of many preventable and common conditions;
- Review details of your contributing risk factors;
- Access recommended steps for improvement, interactive tools and wellness information.

Follow these brief steps to make the health risk assessment tool work for you.

STEP 1. GET STARTED

It's as easy as logging on to the myCIGNA.com website. From any computer with Internet access, all you have to do is go to www.mycigna.com. Follow the brief instructions to register and access your secure personal benefits page.

STEP 2. ANSWER QUESTIONS

Once you're on the site, the HealthQuotient user-friendly questionnaire is located under "Health Resources" in the center of the page.

STEP 3. CHECK YOUR SCORE

The assessment finishes with a scoring section that compares your health results to averages for your gender and age. You can select some healthy changes you could

make, and then recalculate your score to see the potential positive impacts.

STEP 4. VIEW YOUR RISK PROFILE

Check out the personalized risk summary chart created from your assessment. You'll be able to view your levels of risk for many common and preventable conditions – and then access more detail about any of these conditions.

STEP 5. TAKE ACTION

You'll now receive recommended actions to improve your health. The recommendations will cover a variety of topics, from suggested exams and tests to wellness and disease management programs. You'll also see relevant health news and topics, and be able to access or print a brief summary report to bring to your next doctor's visit.

STEP 6. KEEP UP TO DATE

Using the online logs and tracking tools available with HealthQuotient, you can monitor and review your health status, and update your assessment at any time. You can even see a comparison of your current and previous scores.

The HealthQuotient Health Risk Assessment is just one of many tools CIGNA HealthCare offers to help you make the most of the time you spend planning, managing and understanding your health benefits. Visit myCIGNA.com and take advantage of it today.

Did You Know?

Did you know that your family history often provides clues to your own health? That's why the HealthQuotient™ Health Risk Assessment on myCIGNA.com asks about family health history in its online questionnaire. Find out how yours may affect you – and learn more about setting health goals and preventive care. Visit myCIGNA.com today.

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